## For Immediate Release:

Tuesday, October 30, 2001 - Sunday, November 11, 2001

## WORKSHOP OFFERED FOR PROFESSIONAL CAREGIVERS

Monroe County Executive Jack Doyle today invited human service professionals to attend a workshop that will emphasize the importance of tending to their own needs while still helping their clients. The seminar is scheduled for Wednesday, November 14, 2001 in the Brass Chandelier Room at Monroe Community Hospital, 435 E. Henrietta Road, from 9:00 a.m. to noon.

"Caregivers naturally give so much of themselves to others that it is easy for them to neglect their own health and well being," said Doyle. "This workshop will teach caregivers the importance of meeting their needs so they are also living healthy lives."

Refreshments will be served at 8:30 a.m. To register or for more information, call 428-4977.

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For further information, call: Communications and Special Events, 428-2380 Visit us on the Web at www.MonroeCounty.gov